



# Zeera

Indian Cuisine

Takeaway Menu



NE Curry Awards Winner



Chronicle Runner Up

# INTRODUCTION



Every meal at Zeera is a special one. We endeavour to give you the best in Indian cuisine blending the finest spices and ingredients to create beautiful dishes influenced by recipes old and new.

Our award-winning chefs take the greatest care in ensuring your taste experience is one to remember and are always looking for new ways to present your meal with style.

We have taken great care to make our decor sumptuous and relaxing and have a fine and extensive wine and cocktail list to enhance your dining experience.

There is Indian food, and then there is the Zeera cuisine premium fine dining experience. Never settle for second best. Our staff are here to make sure your meal is a happy, enjoyable and memorable one.

It is our commitment to the highest standards that won us a place at the national British Curry Awards and a Silver Taste of England Award at the North East England Tourism Awards.

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## Zeera Spice Strength Guide

The coloured chillis are your guide to how hot and spicy a main course will be. Yellow being mild, Green being medium and Red being hot.

Please don't hesitate to ask your waiter for advice.

 **Mild** |  **Medium** |  **Hot** |  **Vegetarian**



 **Contains Nuts** |  **Gluten**

# SHURWAD

## Nibbles

Poppadoms £0.80 | Masala Poppadom £0.90

**House Pickle – £0.80 per tub:** Mix Pickle, Onion Salad, Mint Sauce, Mango Chutney. Other sauces available upon request.

## Exclusive Starters

**Pita Bora Murgh** **G N** £4.50

Chicken Tikka wrapped in a tortilla with diced salad and mayo. Accompanied with Zeera house dips.

**Kathi Kebab** **G N** £4.95

Diced tender roasted lamb, tossed with onion and tomatoes well spiced and served in butter chapati, accompanied with Kathi sauce. Contains egg.

**Malai Tikka** £4.35

Supreme of Chicken marinated with garlic, ginger, cream cheese, crushed cumin and hint of citrus juice. Served with crispy salad and mint yoghurt sauce.

**Tandoori Lamb Chops (2 pieces)** **G N** £6.50  
**or go Large (3 pieces) for** £9.50

Tender lamb chops marinated in specially ground spices, fresh mint, herbs and lemon juice, then barbecued in a clay oven. Served with crispy salad and house dips.

**Chatri Cheese Tikka** **V G N** £4.20

Garlic mushroom and paneer (cheese), served with stir-fried onions, peppers and coriander. Accompanied with mint yoghurt and crispy salad.

**Golda Chingri Puri (size 6/8)** **G** £5.50

**Tiger King Prawn (size U5)** £12.45

King Prawns cooked with garlic, ginger and onion. Delicately spiced of medium dry consistency, accompanied with Indian bread.

**Neembu Chingri (size 6/8)** £5.50

**Tiger King Prawn (size U5)** £12.45

Super King Prawns prepared in a spicy hot sauce, flavoured with tangy lemon, naga chilli, tomatoes, peppers and garlic.

**Mushroom Caps** V G £4.50

White Mushrooms stuffed with a medium spicy filling of mash potato, onion, chilli, mixed spices and served with house sauce. Contains egg.

**Kekada Chatt** G £4.65

White Crab meat cooked with light spices, accompanied with Indian bread. Contains egg.

**Crab Tikki** G £4.65

Our Indian version of crab cakes, full of Bengali flavours. Without a doubt worth a try. Served with crispy salad and mint yoghurt sauce. Contains egg.



### Traditional Starters

**Onion Bhaji** V Contains egg £3.15

**Chicken Tikka** N £3.85

**Mixed Kebab** N £4.25

**Sheek Kebab** N £3.50

**Garlic Mushroom on Puri** V G £3.75

**Bhuna on Puri** G Prawn or Chicken £3.75

**Chicken Chat** G £3.75

**Chicken Tikka Stir Fry** Contains couscous G N £4.10

**Prawn Cocktail** £3.15

**Cheese Tukra** G N £4.10


## KHAS KHANA

The following dishes are marinated in our own specially blended sauce with yoghurt and prepared in an authentic tandoori clay oven, served with fresh crispy salad and minty yoghurt sauce.

### Main Course - Tandoori Oven

**Zeera Mixed Platter**  **£16.50**

A fantastic selection of tandoori kebabs, lamb chops, tikka and paneer.

**Tandoori Chicken**  **£8.95**

Half spring chicken on the bone.

**Chicken Shaslik**  **£9.50**

Special pieces of chicken barbecued on skewers with tomatoes, capsicum and onion.

**Chicken Tikka Stirfry**   **£9.50**

Stir fried with onion, capsicum and garlic with just a touch of herbs and spices, **garnished with couscous.**

**Chicken Tikka**  **£8.95**

Succulent boneless pieces of chicken. Served on sizzler.

**Tandoori King Prawn (size 6/8)**  **£13.50**

**Tiger King Prawn (size U5)** **£25.95**

King prawns marinated in yogurt, with herbs and spices.

### Main Course - Murgh - Chicken

**Zeera Hari Mirch Masala**    **£8.25**

**King Prawn (size 6/8)** **£9.95**

**Tiger King Prawn (size U5)** **£23.95**

Tender Chicken tikka cooked with a mixture of house spices, sliced onion, peppers, and fresh bullet chillies, garnished with chopped coriander.

**Chicken Tikka Chot Poti**    **£8.25**

Marinated sliced chicken cooked in the tandoor, then stir fried with spicy potatoes, herbs, fresh green chillies, and coriander. Garnished with raw red onion and peppers. A popular medium dry dish.

**Jaipur Murgh**   **£8.25**

Tender chicken tikka cooked in garlic sauce, with fresh tomato and fried onion in a medium dry sauce. Garnished with pepper, fried mushroom and onion.

**Zeera Murgh**   **£8.25**

Tender chicken tikka cooked with a subtle blend of Zeera House roast spices.

**Zaal Jhool Murgh**    **£8.25**

Tender chicken tikka cooked with naga pickle in a hot spicy sauce. A traditional Bengal curry.

**Garlic Chicken Mirch Masala**    **£8.25**

**King Prawn (size 6/8)** **£9.95**

**Tiger King Prawn (size U5)** **£23.95**

Pieces of chicken tikka cooked with medium to hot spice, with sliced garlic, green chillies, ginger and special chilli sauce, to give a hot spicy unique taste in a medium dry sauce.

**Roshun Wala**   **£8.25**

A dish with lots of garlic. Chicken tikka cooked with black pepper, fresh herbs and spices in a medium sauce.

**Shaslik Bahar**   **£8.25**

Pieces of chicken tikka, capsicum, tomatoes, onion, marinated in a special exotic sauce, grilled over a tandoor, fried with roasted zeera (cumin) then prepared in a medium thick sauce.

**Murgh Nawabi**   **£8.25**

Tender pieces of chicken breast, marinated and barbecued over flaming tandoor, then cooked again in a wonderful subtle creamy sauce. Mild to medium strength.

**Hariyali Murgh**   **£8.25**

Delicious Malai Chicken. Prepared with fresh green herbs, chilli, spinach and aromatic spices and a touch of fresh cream, this dish has a distinctive green colour sauce.

## Main Course - Gosht- Meat

**Sabzilam** 🌿 £9.25

Pieces of lamb cooked with varieties of vegetables, in a saucy curry base, to give an entirely different taste.

**Sizzler Dhal-Gosht** 🌿 £9.25

Pieces of tender lamb, cooked with lentils, peppers and onion, in medium dry consistency, sprinkled with roasted dhal, served in an iron wok.

**Aloo Gosht** 🌿 £7.50

A medium hot beef dish prepared with potatoes, garlic, ginger, herbs, ground spices, and fresh coriander.

**Railway Lamb Curry** 🌿🌶️ £10.95

Served to the British Raj, travelling First Class on India's extensive railway network. Pieces of lamb cooked with fresh curry leaf, dried red chilli and onions, finished with fresh coriander.

**Shatkora Delight** 🌿 £9.95

This particular dish comes from the Sylhet region of Bangladesh. A regional favourite for generations, fantastic fragrance of Shatkora which is from the lemon family and is only grown in Sylhet. An excellent lamb dish.

**Deshi Naga Gosht** 🌶️🌶️🌶️ £9.25

Tender lamb cooked with a Bangladeshi naga chilli pickle, herbs and spices. Saucy, very hot.

**Adraki Dhaniya Lamb or Chicken** 🌿🌶️ £9.95

A North Indian dish of cubed lamb or chicken, slow cooked with spices, infused with pickled ginger, green chillies and whole roasted crushed dhaniya seeds, garnished with ginger julienne and fresh coriander.

**Lamb Pasanda** 🍷🍷🌿 £9.25

Pieces of sliced spring lamb, cooked with fresh cream, mango pulp, ground almond and yogurt in a subtle delicate sauce. Sprinkled with **COUSCOUS**.

**Kerela Lamb** 🌿🌶️ £9.95

Our Chef's unique recipe for this delicious South Indian dish combines Curry Leaf with garam spices, to give this an exotic edge. Garnished with dried roasted chilli and red onion.

## Main Course - Hansh - Duck

**Roshon Wala Batakh** 🌶️ **£9.50**

Duck breast with lots of garlic. Black pepper, fresh herbs and spices in a medium sauce.

**Handi Hansh Tarkari** 🌶️ **£9.50**

Pieces of Duck cooked in spicy madrasi masala with aromatic Indian herbs and spices.

## Main Course - Seafood

**Monk Fish Kari** 🌶️🌶️ **£14.95**

Monk Fish cooked in a sauce, medium to hot spiced Bengali fish curry.

**Macher Jhool** 🌶️ **£8.95**

Fresh salmon cooked in a sauce of specially blended spices in a typical traditional fish curry.

**Sabzidar Chingri** 🌶️ **£7.50**

Prawns cooked with a variety of mixed vegetables, served in a special medium spiced sauce.

**Lasuni Machi Nilgiri** 🌶️ **£15.95**

Monk Fish cooked in a medium spiced sauce, with fresh garlic and citrus Bengali Satkora.





## KHANDANI KHANA

Traditional curry dishes can be based on a choice of chicken, chicken tikka, lamb, beef or prawn.

Lamb £1.00 extra. Duck £2.00 extra. King Prawn £3.00 extra.

### Mild Curry Dishes

**Korma** 🌶️ £7.35

Korma is a very mild dish prepared following a traditional Indian recipe with sultanas and greater use of fresh cream and coconut powder.

**Chicken Tikka Masala** 🍲 🌶️ £7.85

**King Prawn (size 6/8)** £9.95

**Tiger King Prawn (size U5)** £23.95

Pieces of spring chicken lightly spiced with almond, grilled over charcoal, served in our tandoori sauce. Sprinkled with cashew nuts and sultanas.

**Chicken Tikka Makhani** 🍲 🌶️ £7.85

Spring chicken marinated in herbs and spices then barbecued, cooked with almonds, butter and cream.

### Medium Curry Dishes

**Roghan Josh** 🌶️ £7.35

This dish is cooked in delicately flavoured sauce with lots of tomatoes and a sprinkle of dhaniya.

**Jal Frezi** 🌶️🌶️ £7.85

Cooked in a special sauce with sliced onion, green pepper and fresh green chillies, fairly hot exotic flavour. Served in an iron wok.

**Dupiaza** 🌶️ £7.35

A method of preparation similar to bhuna where fresh chopped onions and peppers are mixed with spices and fried briskly.

**Balti** 🍲 🍲 🌶️🌶️ £7.85

**or King Prawn (size 6/8)** £9.95

**Tiger King Prawn (size U5)** £23.95

A style of cooking originating from Pakistan. Marinated and cooked with herbs and spices. **This is ideal with Nan bread.**

**Biryani** 🍛 🌶️ **£10.95**

Biryani is a traditional Indian dish, prepared with house flavoured Basmati rice, a mixture of mild spice, nut and sultanas in ghee. Accompanied with Biryani egg sauce.

**Medium Plain Curry** 🌶️ **£6.75**

A medium curry cooked in spices and herbs of all seasons, with a rich flavour.

**Karahi** 🌶️ **£7.85**

Cooked with a special mixture of spice including garlic, ginger and a strong flavour of fresh coriander. Served in an iron wok.

**Saag** 🌶️ **£7.35**

Cooked with fresh spinach, herbs and spices, flavoured with fenugreek, ginger, and fresh coriander.

**Bhuna** 🌶️ **£7.35**

Bhuna is a strongly spiced curry, a combination of a special blend of spices, fried to provide a dish of medium strength and dry consistency.

### Hot Curry Dishes

**Madras** 🌶️ 🌶️ **£6.75**

A South Indian version of curry, having greater proportions of hot spices which leads to a fiery taste and richness.

**Vindaloo** 🌶️ 🌶️ 🌶️ **£6.75**

Related to the madras but hotter in taste. It owes its name and part of its contents to the early Portuguese settlers.

**Dansak** 🌶️ **£7.35**

Cooked in a thick sauce with lentils and slices of pineapple and lemon. Hot sweet and sour taste.

**Rezala** 🌶️ 🌶️ **£7.85**

Prepared in a special exotic sauce, briskly fried onion, black pepper, cumin. Served in a thick hot sauce with yogurt to give a nice tangy flavour.

**Sri Lanka** 🌶️ 🌶️ **£7.35**

Cooked with lemon and strong flavoured spices which make it a hot and sour dish, with lots of coconut.

**Pathia** 🌶️ **£7.35**

The characteristics of this dish are derived from the use of tomatoes with a mixture of spices and lemon, hot and sour taste.

## Sabzi - Vegetable Side Dishes

We highly recommend that you have vegetable side dishes to compliment our main courses. These are often shared. These dishes can also be prepared as a Vegetarian Main Course.

### Chatri V

Fresh mushrooms with onions and spices.

### Tarka Dhal V

Lentils flavored with garlic and coriander.

### Sag Aloo V

Spinach and potatoes.

### Pach Dhal V

Five Dhals flavoured with herbs and spices.

### Chana Bhuna V

Chickpeas: cooked with garlic, ginger, onion and spices.

### Bhindi Bhaji V

Briskly chopped okra.

### Sag Paneer V

Spinach with homemade cheese and lightly spiced.

### Bombay Aloo V

Spicy potatoes.

### Channa Massala V

Chickpeas and paneer cooked in a lightly spiced sauce.

**All Side Dishes are £3.70**

**Prepared as a Vegetarian Main Dish £5.70**



## Main Course - Sabzi - Vegetarian

Most main course dishes can also be prepared with vegetables.

### Sabzi Bahar V £5.70 🌿

Variety of vegetables, stir fried with a touch of spice, Mustard seeds, garlic, ginger and fresh coriander. Served on sizzler.

### Batata Sabzi V £5.70 🌿🌶️

Seasonal vegetables, prepared and flavoured with special house spices. Served with Green Salad.



## Chawal - Rice Dishes

The following rices are prepared with basmati, the finest rice in the world, flavoured with saffron and ghee.

Plain Patna Rice	£3.00
Plain Pilau Rice	£3.00
Zeera House Pilau	£3.75
Garlic Pilau	£3.75
Egg Pilau	£3.75
Keema Pilau	£3.75
Zeera Pilau	£3.75
Mushroom Pilau	£3.75
Vegetable Pilau with Mustard	£3.75

## Sundries and Rotis

Freshly baked breads. Please note Naan breads contain egg.

Plain Naan 	£2.50
Garlic Naan 	£2.95
Pashwari Naan 	£2.95
Keema Naan 	£2.95
Any extra Naan filling 50p Extra	
Tandoori Roti 	£2.00
Paratha 	£3.50
Stuffed Paratha 	£3.95
Chapati 	£1.70
Puri two per portion 	£2.15
Freshly Cut Chips	£2.50
Spicy Masala Chips	£2.80
Raitha	£1.80

Fresh yoghurt with onion, cucumber or banana.



“As well as serving top class cuisine, Zeera restaurant is a great place to bring the family. We love the décor which just exudes class and the staff are always courteous and friendly. That’s why we’ve been coming back for years and we expect to keep coming back for many years to come.

- Andy B

## Zeera Gift Vouchers

Zeera Gift Vouchers are available. Why not treat your friends and family?

Gift Vouchers for dining at Zeera can be purchased in £20, £10 and £5 denominations and can be redeemed anytime within 6 months of purchase. Please ask a member of staff for more information. The Ideal Gift.



## Party Planning & Reservations

Zeera is available for private bookings any day between 12.00 noon and 4pm. We can cater for every kind of occasion and provide a range of unique menus with service to suit the event and budget. The manager will be only too pleased to discuss and arrange your personal requirements.

At the weekend it's always a good idea to reserve a table!

Just give us a ring on: **0191 456 1811**

N.B. Our food may contain traces of nuts, dairy, gluten, or other allergens. Should you suffer from allergic reactions or have food intolerances please ask your server for advice.



Please note: Guests who dine inside the restaurant can choose from the full range of Zeera gourmet dishes.



## Shah Choudhury

Director

Managing the business and ensuring the highest standards at all times is Shah Choudhury who was recently named Entrepreneur of the Year in the Bangla Achievement Awards.

## Kohinoor Choudhury

Head Chef

Respected for his inventive and sumptuous dishes Kohinoor carried off the title of North East Curry Chef of the Year in 2012 and has been named South Tyneside Curry

Chef of the Year twice in 2009 and 2011. He continues to attract accolades for his work and is renowned across the North East of England as one of the top curry chefs who brings great personality and creativity to all his dishes.



## Abadur Choudhury

Second Chef

Shah and Kohinoor are backed by their brother and skilled chef Abadur who has worked in the restaurant business for over 15 years. He said: "We make no

compromises on our food which is why we continue to attract diners from across the North East."





*Take away the **finest**  
**gourmet Indian food** from  
the home of opulent dining*

**Tel 0191 456 1811**

zeeracuisine.com

facebook.com/zeera.southshields

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Open: Monday to Sunday - 5.30pm till Midnight.

20% Discount for Takeaway meals